

### Claims

1. Combination of active ingredients, comprising at least one  $\omega$ 3-fatty acid-containing oil and at least one polyphenol-containing plant extract, wherein the polyphenol-containing plant extract is an extract from *Vitis vinifera*.  
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2. Combination of active ingredients according to claim 1, wherein the  $\omega$ 3-fatty acid-containing oil contains  $\alpha$ -linolenic acid.
3. Combination of active ingredients according to claim 2, wherein the  $\omega$ 3-fatty acid-containing oil is selected from the group comprising perilla seed oil, borage oil, evening primrose seed oil, fish oil, linseed oil and currant seed oil.  
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4. Combination of active ingredients according to any one of claims 1 to 3, wherein the polyphenol-containing plant extract contains at least 15% by weight polyphenols based on the dry extract.
5. Use of a combination of active ingredients according to any one of claims 1 to 4 for the treatment, for supporting the treatment or for the prophylaxis of inflammatory and/or immunologic as well as metabolic diseases and other complaints, selected from the group comprising chronic intestinal diseases, polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders, psychiatric diseases and tumor diseases.  
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6. Use according to claim 5, wherein the inflammatory and/or immunologic as well as metabolic diseases are selected from the group comprising rheumatoid arthritis, polyarthritis, synovitis, acne, neurodermatitis, psoriasis, asthma, hay fever, atherosclerosis, coronary heart diseases and cardiac dysrhythmias.  
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7. Use according to claim 5, wherein the chronic intestinal diseases are selected from the group comprising ulcerative colitis and Crohn's disease.  
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8. Use according to claim 5, wherein the psychiatric diseases are selected from the group comprising depression, schizophrenia and bipolar disorder.

9. Dietetic food product or medicament containing the combination of active ingredients according to any one of the claims 1 to 4 for the treatment or for supporting the treatment of inflammatory and/or immunologic as well as metabolic diseases and other complaints, selected from the group comprising chronic intestinal diseases, polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders, psychiatric diseases and tumor diseases.
10. Use of a combination of active ingredients according to any one of claims 1 to 4 for the manufacture of a medicament for the treatment of inflammatory and/or immunologic as well as metabolic diseases and other complaints, selected from the group comprising chronic intestinal diseases, polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders, psychiatric diseases and tumor diseases.
11. Use of a combination of active ingredients according to any one of claims 1 to 4 for the manufacture of a dietetic food product for the treatment or for supporting the treatment of inflammatory and/or immunologic as well as metabolic diseases and other complaints, selected from the group comprising chronic intestinal diseases, polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders, psychiatric diseases and tumor diseases.
12. Use according to claim 10 or 11, wherein the inflammatory and/or immunologic as well as metabolic diseases are selected from the group comprising rheumatoid arthritis, polyarthritis, synovitis, acne, neurodermatitis, psoriasis, asthma, hay fever, atherosclerosis, coronary heart diseases and cardiac dysrhythmias.
13. Use according to claim 10 or 11, wherein the chronic intestinal diseases are selected from the group comprising ulcerative colitis and Crohn's disease.
14. Use according to claim 10 or 11, wherein the psychiatric diseases are selected from the group comprising depression, schizophrenia and bipolar disorder.
15. Preparation, comprising a combination of active ingredients according to any one of claims 1 to 4 and suitable adjuvants as an oral administration form.